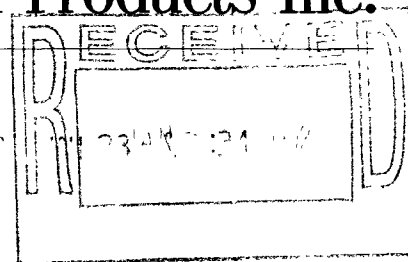


Natural Factors Nutritional Products Inc.



December 3, 2001

Food and Drug Administration
Office of Special Nutritionals
Center for Food Safety and Applied Nutrition
200 C St. SW
Washington, DC 20204

Dear Sir or Madam:

This is to provide the required information to comply with our obligation under DSHEA labeling regulations.

Supplement: PMS Formula

Manufacturer, packer: Natural Factors Nutritional Products, Ltd.
1550 United Blvd.
Coquitlam, B.C.
Canada V3K 6Y7

Distributor: Natural Factors Nutritional Products, Inc.
1111 80th St. SW, Suite 100
Everett, WA 98203

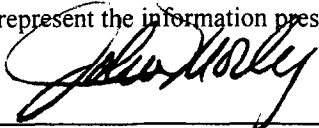
Text of side Panel: Natural Factors PMS Formula is a precise blend of natural botanicals to care for the special needs of women during their monthly cycle. Scientific research supports the positive benefits of these various herbs for women seeking natural monthly comfort.* This special formulation includes standardized Vitex Agnus Castus, an ancient herb known to stabilize the menstrual cycle.* A balanced program of diet and exercise will enhance the benefits of this unique formula.

Text of PDP: MONTHLY SUPPORT FOR THE FEMININE CYCLE*

Name of dietary ingredient that is the subject of statement: Vitex agnus-castus Berry, Dandelion, Passion Flower, Dong Quai

Name of dietary supplement: pms formula

I represent the information presented to be accurate and in compliance with supplement label regulations.


John Morley, President

12/10/01
Date

1111 80th Street S.W., Suite 100
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Phone: (425) 513-8800
Fax: (425) 348-9050

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